

NATURAL HEALTH PRODUCT

DONG QUAI – *ANGELICA SINENSIS*

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- ▶ Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant's discretion.
- ▶ The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant.

Date June 3, 2019

Proper name(s), Common name(s), Source material(s)

Table 1. Proper name(s), Common name(s), Source material(s)

Proper name(s)	Common name(s)	Source material(s)		
		Proper name(s)	Part(s)	Preparation(s)
<i>Angelica sinensis</i>	<ul style="list-style-type: none"> ▶ Chinese Angelica ▶ Dang quai ▶ Dang qui ▶ Dong gui ▶ Dong quai ▶ Tang-kuei 	<i>Angelica sinensis</i>	Root	<ul style="list-style-type: none"> ▶ Dried ▶ Prepared

References: Proper name: USDA 2019, McGuffin et al. 2000; Common names: USDA 2019, NS 2012, PPRC 2010, derMarderosian and Beutler 2009, Bensky et al. 2004, Chen and Chen 2004, McGuffin et al. 2000; Source material: PPRC 2010, Bensky et al. 2004, Chen and Chen 2004.

Route of administration

Oral

Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.

Acceptable dosage forms for the age category listed in this monograph and specified route of



administration are indicated in the Compendium of Monographs Guidance Document.

Use(s) or Purpose(s)

Used in Traditional Chinese Medicine (TCM) to invigorate and harmonize/tonify the blood (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004).

Note

Claims for traditional use must include the term “Herbal Medicine”, “Traditional Chinese Medicine”, or “Ayurveda”.

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

Methods or preparation: Dry, Powder, Non-Standardised Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

4.5 - 15 grams of dried/prepared root, per day (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004).

Note

The term ‘prepared root’ refers to TCM methods of preparation for Dong quai root as specified by Bensky et al. 2004 [e.g. (Spray with rice wine) baked/fried until dried; (Spray with rice wine) baked/fried until dried and blackened; etc.].

Direction(s) for use

Avoid prolonged exposure to sunlight, ultraviolet light (UV) or UV therapy (NS 2012; Thorne 2004).

Duration(s) of use

Consult a healthcare practitioner/health care provider/health care professional/doctor/physician for use beyond 6 months (NS 2012; Hirata et al. 1997).



Risk information

Caution(s) and warning(s)

For all adults

Consult a health care practitioner/health care provider/health care professional/doctor/ physician prior to use if you are taking blood thinners/anticoagulants (Brinker 2018; NS 2012; WHO 2004).

For women only

- ▶ Consult a healthcare practitioner/health care provider/health care professional/doctor/ physician prior to use if you are breastfeeding (NS 2012).
- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/ physician prior to use if you are taking birth control pills or hormone replacement therapy (HRT) (Brinker 2018; NS 2012).
- ▶ Stop use and consult a health care practitioner/health care provider/health care professional/doctor/physician if menstruation is delayed or absent, or if you experience increased menstrual bleeding time (Brinker 2018; NS 2012).

Contraindication(s)

For all adults

Do not use this product if you have diarrhea or hemorrhagic diseases (Bensky et al. 2004; Chen and Chen 2004; WHO 2004).

For women only

Do not use this product if you are pregnant or if you have hypermenorrhea/profuse menstrual flow/heavy periods (NS 2012; WHO 2004).

Known adverse reaction(s)

For women only

Stop use and consult a health care practitioner/health care provider/health care professional/ doctor/physician if you experience breast pain, discomfort and/or tenderness (Schumacher et al. 2007; Thorne 2004; Russell et al 2002).

Non-medicinal ingredients

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.



Storage conditions

Store in an airtight container in a cool, dry place protected from moisture (Ph.Eur. 2013; WHO 2004).

Specifications

- ▶ The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- ▶ The medicinal ingredient must comply with the requirements outlined in the NHPID.

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